

# NORTH CAROLINA



## SNAP-Ed Program Results 2019

### WHAT IS SNAP?

The Supplemental Nutrition Assistance Program (SNAP) offers eligible individuals and families in North Carolina food benefits to reduce hunger and help put healthy food on the table.

### WHAT IS SNAP-Ed?

SNAP-Ed is the nutrition education program of SNAP that empowers North Carolinians with education and skills to make healthier choices.

To do this, the North Carolina Department of Health and Human Services' Division of Social Services, Economic and Family Services partners with the following organizations to implement programs across the state: Alice Aycock Poe Center for Health Education, Down East Partnership for Children, Durham County, East Carolina University, North Carolina Agricultural and Technical University, North Carolina State University, Second Harvest Food Bank, and the University of North Carolina at Chapel Hill and Greensboro.



**96,621**

North Carolinians participated in direct education programs.



### AFTER PARTICIPATING IN SNAP-ED PROGRAMS MORE:



Adults, teens, and children ate more fruits



Adults ate more vegetables



Children drank more low-fat or fat-free milk



Adults chose healthy foods for their family on a budget

### POLICY, SYSTEMS, AND ENVIRONMENTAL (PSE) CHANGES

These are changes that increase access to healthy food and physical activity opportunities where North Carolinians eat, learn, live, play, shop, and work.

### THERE WERE...

**67**

POLICY  
CHANGES

**267**

SYSTEMS  
CHANGES

**182**

ENVIRONMENTAL  
CHANGES

ACROSS **428** SITES REACHING

REACHING **556,555** INDIVIDUALS

# NORTH CAROLINA STATE NUTRITION ACTION COUNCIL (NCSNAC)

The goal of North Carolina SNAC is to improve coordination and cooperation among state agencies, food and nutrition assistance programs, public health agencies, and the Expanded Food and Nutrition Education Program. In FFY 2019, NCSNAC increased participation and expanded coalition membership. NCSNAC used the Public Health Institute's SNAC toolkit to identify and select their first initiative. The initiative focused on strengthening partnerships among agencies by discussing areas of need and identifying how agencies can collaborate to address these needs. The coalition identified the need to create both print and online material to expand outreach and promotion of the food and nutrition programs available for needy families in North Carolina. These materials will be widely distributed when available.

## TOP CHANGES IMPLEMENTED:

### POLICY

- Established or improved a nutrition policy
- Implemented a school wellness or childcare policy

### SYSTEMS

- Improved hours of operation for summer meals
- Prioritized farm-to-table and fresh or local produce
- Began offering USDA summer meals

### ENVIRONMENT

- Edible gardens
- Established new food banks, pantries, or distribution sites
- Healthy cafeteria layouts at schools and worksites



## FOOD GARDENS:

The Alice Aycock Poe Center for Health Education, in partnership with GrowWELL and A Safe Place Early Learning Center, established and expanded food gardens in three preschool centers. This not only increases access to more vegetables; it also sets a foundation for a lifelong love of fresh produce. Children play an active role in harvesting, watering, and caring for the garden. Garden vegetables are served for both lunch and snack and sent home with children to share with their families.

The garden has positively impacted daily activities, the academic curriculum, and imaginative play. Colorful signs with vegetable icons and labels were integrated throughout the garden, which allow children to make engaging literary connections. Children have also made several scientific explorations, such as witnessing the transformation from seeds to flowers to vegetables. During the summer, parents are invited to participate in a mock farmers market, where harvested vegetables are sent home with families free of charge. The farmers market gives children the opportunity to share the garden with their families and develop on their math skills by counting vegetables and pretending to collect money at a toy register.